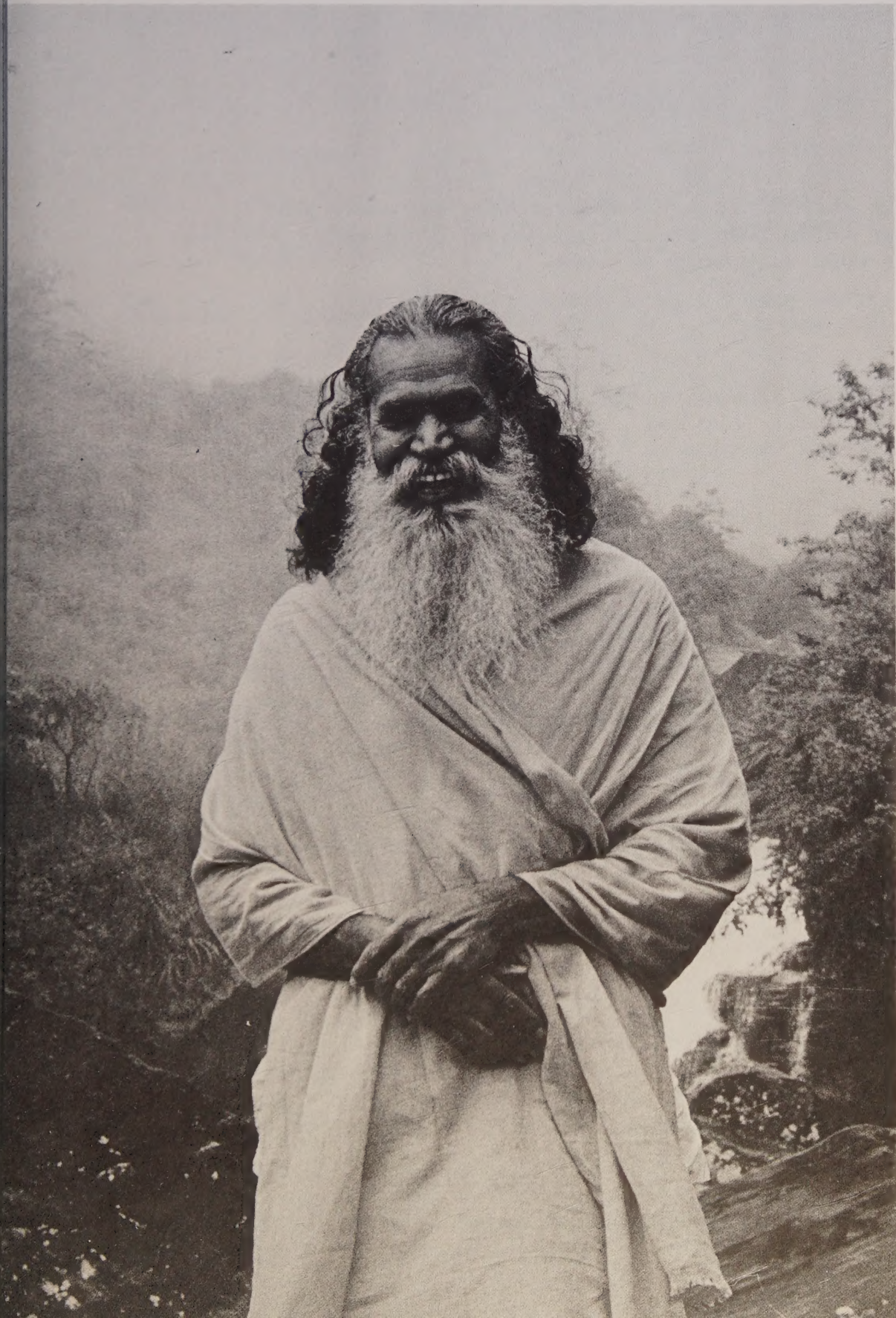


Integral Yoga

A Bi-Monthly Magazine of the Integral Yoga Institute



v. 2 : 4
1971 : 4
**WORLD TO
PART II**

**Light 2
Ray 10**

WORDS OF WISDOM

God is very close to you. He abides in your heart.
Closer is He than breathing, nearer than hands and feet.
He is your very Self or Atma.

Sri Swami Sivanandaji Maharaj

The Kingdom of God cometh not with observation;
Neither shall they say, Lo, here, or there,
For lo, the Kingdom of God is within you.

Luke 17:20-1

God saith, "The person I hold as a beloved,
I am his hearing by which he heareth,
And I am his sight by which he seeth,
And I am his hands by which he holdeth,
And I am his feet by which he walketh."

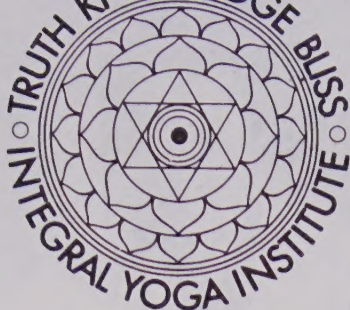
Muhammed

Wherever my mind is,
let there be Thy form;
Wherever my head is,
let there be Thy feet.

Sri Shankara

Ye that are slaves of the 'I'
That toil in the service of self from morn to night,
That live in constant fear of birth, old age, sickness, and death,
Receive the good tidings that your cruel master exists not.

Lord Buddha



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Founder-Director: Yogiraj Sri Swami Satchidananda

GOAL: Healthy body, sound mind, dynamic will, ethical perfection, universal brotherhood, selfless service, Self-Realization.

The Way: Asanas, pranayama, chanting of holy names, self-discipline, meditation, manthra japa, study and reflection.

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A Bi-Monthly Magazine

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GURU

The Guru is God Himself manifesting in a personal form to guide the aspirant. Grace of God takes the form of the Guru. To see the Guru is to see God. The Guru is united with God. He inspires devotion in others and his presence purifies all.

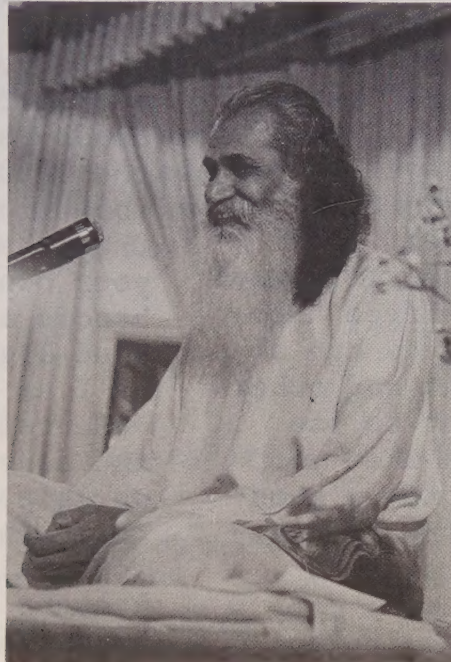
The Guru is verily a link between the individual and the Immortal. He stands, as it were, upon the threshold of immortality, and bending down, he raises the struggling individuals with one hand, while with the other he lifts them up into the imperium of everlasting joy and infinite Truth-consciousness. Guru is the door to liberation, but it is the aspirant that has to enter through it. The Guru is a help, but the actual task of practical spiritual practice falls on the aspirant himself.

Man can learn only from man, and hence God teaches through a human body. In your Guru, you have your human ideal of perfection, the pattern into which you wish to mould yourself. For a beginner on the spiritual path, a Guru is necessary. To light a candle, you need a burning candle. Even so, an illumined soul alone can enlighten another soul.

Sri Swami Sivananda Maharaj

GURU POORNIMA MESSAGE

Guru Poornima occurs on the full-moon day of the month of July. It is the very special and holy day when one expresses his great love and respect for the Guru. Many friends and devotees gathered in New York to celebrate this festive occasion by honoring our Beloved Guru, Sri Swami Satchidanandaji.



Beloved Friends and Beloved
Children,

We are all fortunate in celebrating this holy day. We are showing our reverence to that Divine Light, to that great consciousness that is within everyone, ever ready to guide us on our path. It is not just a mere hero-worship, a ritual without meaning. Every act is a ritual—a smile, a wink, raising your palms together—but if you do it without a purpose, it is just a mechanical act.

This is another form of ritual where we express our gratitude to that Light, that great Wisdom that functions through people. You are not worshipping the bundle of flesh and bones but that extraordinary thing that you see, the Divine Force. It is that manifestation of God, that something extraordinary, that we adore and respect.

What is the purpose of this respect and worship? It indirectly shows that you want to possess that. The more you admire it, the more you get it--as you think, so you become. So when you are garlanding this body, or doing some rituals, or bowing down, do not think that you are doing it to this body or even to this intelligence. That is completely different from the Guru. That Guru never talks; that Guru is just there, just shedding light. The Consciousness within, the Awareness within, the Eternal Witness within is what you call the Guru. It is within everybody, but somehow it gets hidden by clouds. In some cases, there are no clouds so the sun always shines. Whoever can free themselves from the clouds can always shed that Light and others can see it. You want to see that sun in you, so when you miss that, you see it in someone else and then try to realize it in you. You want to learn how this somebody can keep shedding light. It is there you need someone's help.

Let us know what the cloud is: It is nothing but our own selfish desires of the mind. The more desires, the darker the cloud. So you approach someone whom you believe is free from these clouds and you ask: "How can you keep yourself like this? We don't see any clouds in your life, only light." Then he tells you the way, but he cannot put his hand and take the clouds away for you. Sometimes he pushes the cloud away. When? When you allow him--he won't do it by force. You try to do it by

yourself after he tells you how, but if that fails you come back and say: "Hey, I can't do it myself, better that you do it." Once the disciple does this, he should not hesitate to undergo some difficulty, caused by the teacher himself, to break the ego, the I, the mind. That is the reason why you offer everything--once you are free from possessions, you are simply I without any mine. That pure I is eternal. You are not losing yourself completely, but you are freeing yourself from everything that binds you. That is done by the Guru. Guru means the one who removes the darkness. Once that is done, you see your own light within; you become a Guru yourself and shed light to others.

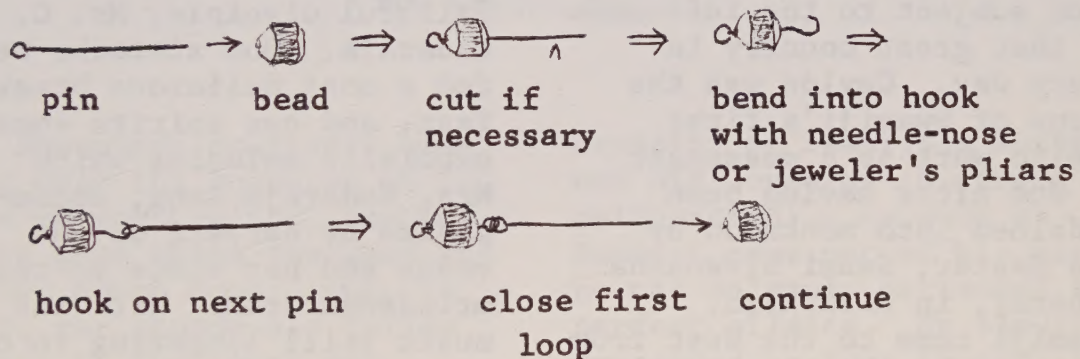
I am also joining you in celebrating this day. As mind and body, I am joining you in worshipping that light within this, which is beginningless and endless, which has been brought out and illuminated by another Guru whom I adore as my Master. So while you see me as your teacher, I am seeing my teacher in me. So may that Teacher, may that Guru, who is always there, who is everywhere, in every heart, in every mind, help us in understanding the ways and means to allow it to shine, to reveal its light, so that our lives can be more useful, more purposeful, more peaceful, more joyful. This is my wish and prayer on this holy occasion. Om Shanthi.

Adapted from Swami Satchidananda
Guru Poornima Message

JAPA MALA INNOVATIONS

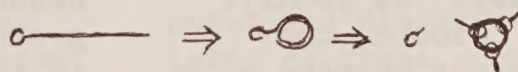
A simple problem plagues the practice of japa with mala: If we string the mala beads without knotting the thread, then beads may be lost on the floor if the string breaks. If we put a knot between every bead, then if it breaks we cannot retie the ends since they are only one bead's width in length. What we need is a system that is strong, that keeps each bead secured, and that if broken at one place can be easily repaired on the spot.

I pass on to you a system that fulfills these requirements. Available at your local jewelry-craft shop are eye pins that come in different sizes and wire types so that you can pick a style that goes well with your beads. They can be individually beaded and hooked onto the next:



A good way to end up with a Meru:

Take one pin and make a large double loop with the straight part, then cut off the original head:



HAPPY JAPA

Sudharshan

WORLD TOUR — PART II

Ray 9 of Integral Yoga featured the first half of Swami Satchidananda's World Tour (from New York to India). The awakening seeds of consciousness continue to be planted from Ceylon back to the United States.

CEYLON--The island of Ceylon is a focal point where different races and cultures have met and intermingled throughout the centuries. It is closely situated to the southernmost part of India and consequently has been subject to the influence of that great country in every way. Ceylon was the scene of Swamiji's first public work as a messenger of God after having been ordained into monkhood by his Master, Swami Sivananda Maharaj, in Rishikesh. Swamiji came to the West from Ceylon--a natural sequence that is symbolic of his mission to awaken the West and re-awaken the East to the only Reality in which we all meet and are One.

We arrived in Ceylon on Christmas Day. As Swamiji drove into Colombo, the capital, he was greeted by a city dressed in festive lights and colors, celebrating the arrival of the new-born Christ. Devotees, friends, and disciples from different parts of the country had come to give

Swamiji a most heartfelt welcome which was first celebrated in the Mody Hall. A dinner followed at the Ramakrishna Mission where we all spent the night.

The next morning we stopped at the home of a devoted and faithful disciple, Mr. C. Nadaraja. Our stomachs were fed a most delicious breakfast, and our spirits some exquisite melodies which Mrs. Nadaraja sang, accompanied by herself on the veena and her niece on the mrindanga drum. With the music still lingering in our ears, we proceeded by car to the beautiful hill-town of Kandy where Swamiji lived for fifteen years in the ashram he founded there. We drove through winding roads surrounded by the scenic beauty of nature's deep green abundance. We were in the very same car Swamiji had used for years while living there. The car is now with Mr. Shanmugam, a spiritual son of Swamiji and an exemplary reflection of his God-tinted "ease".



The Ceylon Family

Mr. Shanmugan considers himself only the guardian of this moving "relic", keeping it in good shape for when the Master comes home. And, in fact, the sturdy old fellow reacts to the touch and presence of Swamiji as a pet would to its master--there were moments when it was not difficult to imagine it wagging a tail and happily galloping up the hills barking its horn away at the joy of serving him once again.

The arrival in the ashram, "Satchidananda Thapovonam", was a memorable experience. A Living ocean of eager faces was gathered there awaiting Swamiji's arrival. They had come from different parts of the country for the double

occasion of Swamiji's arrival and his Jayanthi (birthday celebration). As soon as Swamiji came out of his car, he was solemnly garlanded in perfect silence. He slowly proceeded on foot towards the ashram surrounded by the enormous crowd which suddenly, like one voice, broke out singing praises to God and Guru all the way to the gate of the ashram and beyond. Walking by Swamiji with the poise and dignity characteristic of those possessing a great inner spiritual stature, was Swami Vimalananda, better known to all as Mataji.

Mataji had been with us ever since our arrival in Colombo, but she has not been mentioned before because

that is exactly the way she kept herself: quietly away from the scene. And, knowing Mataji, probably that is the way she would have liked it to continue but her presence was felt in every corner of the ashram. She was initiated by Swamiji into the holy order of Sannyas and it is she who, in his absence, is at the head of the ashram and keeps alight the torch of his glowing spirit. Mataji is the hearth of the Kandy home and we owe much to her example and to her eloquent spirit.

On December 27, Swamiji's Jayanthi was celebrated throughout the day. A pooja (worship ceremony) was performed to him in the early morning, and the day unfolded with a series of activities all centered around the joy of having him back at least for a short time. Messages were read from all over the country, and young and old alike had a chance to express their feelings for Swamiji. At the end of the day there was a special ceremony at the Catholic Hall of the Good Shepherd. Reverend Father Selva Ratam presided and Reverend Father Joachim Pillai addressed the audience with lovely phrases of welcome, respect, and appreciation for Swamiji and his work, and then Swamiji bathed us all with his soothing loving tones. The evening ended

with entertainment of music and Barathanatviam dances performed by the pupils of the Fine Arts Society. Alice Coltrane and Burton Green also performed. A diploma was presented by Swamiji to one of the dancers who was graduating. Young Lalit Ganhewa thrilled the audience with a most beautiful song of welcome in all three languages (Senhalese, Tamil and English).



Swamiji gives the first lesson

We spent a few unforgettable days at the Thapovanam--a flood of visitors would gather in line for Swamiji's darshan (blessings). Although we saw relatively little of him those days, he was continually guiding our every step; above all he made us get acquainted with the Mahaveli Ganga--wise

and beautiful, ancient and ever new. We bathed in its waters and carried on long dialogues with its rippling sounds, learning how to decipher and understand the vowel-like tones of Nature's language.

We started the year in a most blessed and auspicious way. The first of January found us all together beginning a ten day retreat under the guidance of our beloved Gurudev. We were a group of 24, mostly Americans (some Europeans, Indians, and Ceylonese). The retreat was conducted at the YMCA Youth Center Camp in Welimada, a beautiful spot higher up in the mountains. Our stay was made all the more pleasant by the care and attention of Mrs. Inga Fairweather and Mr. Muthuswami and Mr. Vaithyalingam, who surrounded Swamiji with every consideration they could possibly think of. And, of course, wherever we went in Ceylon, Mr. Shanmugam would always appear, offering his time and services to the Guru with never-fading enthusiasm and love. What a wonderful example he was to us all!

When the retreat was over, those of us who remained in Ceylon were taken by Swamiji to visit the famous temple of Kataragama, the most sacred place of pilgrimage to Hindus and Buddhists alike. Such is the reverence for the holy spot that some call it the

"Kailash" of the Hindus in Ceylon. The temple is surrounded by a virgin forest and at its feet flows the "Manik Ganga". Lord Subramanya, the son of Lord Siva, is worshipped in this holy shrine, but there is no image or idol of him in the temple. He is worshipped there as the all-pervading spirit of the Universe. We visited the temple in the early evening. As the sun went down, torches and lamps were lit for Pooja time. We all gathered around Swamiji in order not to miss a single drop of the sacred instructions falling from his lips as he softly explained the meaning behind the different costumes of worship.

Back at the ashram in Kandy, Swamiji resumed his rhythm of receiving interminable visitors and we were once again the objects of the pamperings of Amma and her daughter Gowri as well as of all the other ashramites.

In spite of the short time at his disposal, Swamiji managed to divide it so that as many as possible would have the benefit of his words and presence. During those days, he visited the hill-town of Hatton where he inaugurated a religious class for the local community. He also addressed all the workers of an enormous tea plantation in Westhall Estate. Mr. Haran (Editor of a newspaper "EE la Nadu") gave us the joy of his visit for two days, and the Rasiah family entertained us all with a

wonderful dinner at their home which is almost next door to the ashram. They are, in fact, a spiritual extension of the ashram in every way. Mr. Rasiah cultivates the most beautiful roses and that is the way we think of the whole family--as a garden of roses, each one a unique color, size, and aroma.

The members of the Jaffna Divine Life Society welcomed Swamiji on January 20. He was received in the home of Mr. Soorasangaran, who together with his family gave Swamiji the warmest of welcomes. Later, Swamiji was escorted to another reception at the Saddanathar Temple and from there to the Divine Life Society Center (which was organized by Swamiji in 1953 as well as all the other branches around the country).

The evening's reception continued with the hoisting of the flag and Swamiji's paying homage to his Guru Swami Sivanandaji by garlanding a life-like statue of the saint. There was singing by the members and a beautiful welcome address. When Swamiji spoke to the audience, he seemed to absorb us all--the years gone by and to come--into His form beyond the form and into an eternal Present. Easterners and Westerners alike understood that whatever or whenever, he is always with us.

The next day the festivities continued starting with an early morning meditation, satsang, and luncheon. We visited Rajalakshmi's home. Rajalakshmi joined Swamiji



Jaffna Divine Life Society Parade

almost as soon as he arrived in Ceylon many years ago. She is now giving what she received from him through a religious center organized in her home, the result of her steadfast efforts. The students received Swamiji with speeches and melodious songs. Rajalakshmi wrote a biography of Swamiji in the Tamil language.

We were all very impressed by the order and organization of our brothers and sisters of Jaffna and the smooth way they managed to carry out a very tight two-day schedule.

The city of Trincomalee has a great meaning in the life and work of our Guru in Ceylon. It is like the kernal, the embryo of his mission on that island. It is the birthplace of our Mataji and of Swami Satchidananda Mataji, her sister, who first requested Swamiji to come to Ceylon. Being in Trincomalee was like being in a heart that beats. Rarely can one see such holy and pure devotion and seldom can one be inspired by such divine fellowship. The music of beloved Sivagnanam added to the heavenly quality of our visit.

Mataji's eldest sister, a very elderly lady, came to see Swamiji. A venerable woman in every sense of the word, she forgot her ailments and came to greet him with open arms and heart.

Swamiji was given a most moving reception at the temple of Koneswaram. The temple was built in 1963 on top of the Swami Rock, the same site where the ancient temple once stood aloofly dominating the sea. The history of the temple--how it was demolished, how its ruins

were discovered under the sea, and how it was rebuilt--is a divine romance that lives forever. Swamiji stood at the edge of the cliff explaining to us how many sacred ceremonies have been celebrated there and offered to the sea itself where the ancient ruins lie. It was the hour of sunset. The sky was charged with a symphony of hues through which Swamiji's movements, orange robe and flaming eyes, transmitted to us a current of tremendous, divine vitality.

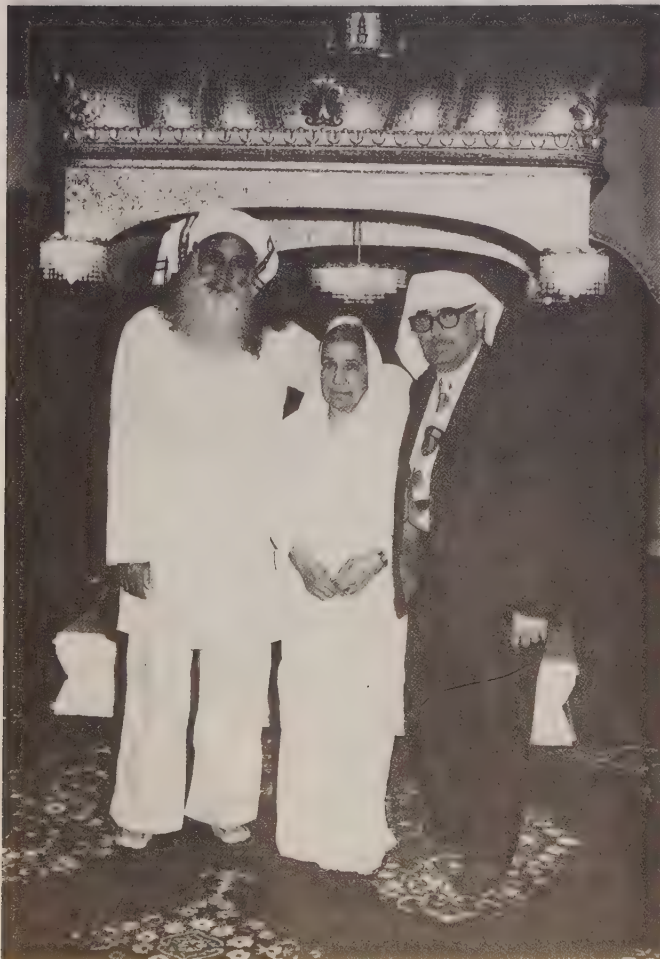
Receptions were given at Sivananda Thapovanam and the Divine Life Society. A public reception was arranged at the Hindu College which was attended by a very large gathering. From Trincomalee we returned to Satchidananda Thapovanam. During his last days there, Swamiji spoke to the students of the Peradeniya University and attended the Miruthanga Arangetram (graduation performance of the drum) of his disciple A. Laxman. Swamiji himself gave him the graduation diploma. What a blessed way to start a professional life.

We want our brothers and sisters of Ceylon to know that Swamiji's heart is constantly with them filled with love and concern for the recent tragic events that have befallen that beautiful and beloved island. We reassure them too that in his heart they are sheltered and protected. We all join our blessed Gurudev with our prayers and with unblinking faith that this test they are going through will bear fruits of unity, peace, and joy.

* * * * *

MALAYSIA--Swamiji's arrival into Kuala Lumpur brought a joyous reunion with a brother monk, Sri Swami Pranavananda Maharaj, who founded and directs the Divine Life Society branch there. Although short, the stay at the D.L.S. ashram, situated at the foot of the Holy Batu caves, was full of love and inspiration. Swamiji gave several satsangs and meditations there as well as an outdoor public talk at the Vivekananda Center, which was recorded by press and TV.

A quiet hour was spent riding through the silent, seemingly infinite rubber-tree forest. In Ipoh, the Divine Life Society branch sponsored a talk where Swamiji was first ceremoniously



Swamiji, Ammi, and George Harilela in the Harilela Shrine Room

taken in parade around the temple courtyard accompanied by the temple musicians.

* * * * *

SINGAPORE--During a very short stay in Singapore, Swamiji spoke to members and friends of the Divine Life Society, where he showed films and narrated a spontaneous Hatha Yoga demonstration by several members of the audience. He also spoke twice over the radio network there.

* * * * *

HONG KONG--One week became two in the midst of the loving and devoted Harilela family in Hong Kong. Never had we been blessed with meeting such a family. Seven brothers, their wives and families all live together in a beautiful and warm home. Each morning, the brothers go early to the temple for meditation and then to greet and pay respects to the mother, Ammi, of the family. The eldest brother, George, and Hari never stopped the loving service to Swamiji. One of the first nights there, they arranged a dinner in their home for all of Swamiji's friends and devotees in Hong Kong, numbering in the hundreds.



The Harilela children love Swamiji too!



One-day retreat in Hong-Kong

Swamiji taught Hatha Yoga classes each morning in their home and held a press conference there shortly after his arrival. He was interviewed on a live, Chinese-language TV show and several members of the Harilela family demonstrated the Yoga postures. Swamiji spoke to the Yoga students of his long-time devotee Thelma Heitmeyer, and spoke at the Hindu Temple. He also addressed a luncheon of the Kowloon Rotary Club and narrated a Hatha demonstration. A one-day retreat was conducted at the beautiful oceanside home of Dr. & Mrs. Hans Tang. Amidst many programs, there was a little time for short trips to the Tiger Balm Gardens and to the Chinese Border.

* * * * *

JAPAN--For six days Japan held Swamiji in her serene embrace. A long-time student, Prem Yogi (Per Einther), arranged a sat-sang in Tokyo where, as usual, Swamiji amazed the local people by speaking a few sentences in their own language. He visited nearby Lake Hakone and his old friend the Kamakura Buddha, where many excited young students shyly asked to have their photo taken with Swamiji.

In Nara, near Osaka, Swamiji laughingly fed the many deers with real prasada, passing the crackers from his lips to theirs. As he walked from the Hall of the Great Buddha, he stopped at the large urn in front to take some of the ash and place it on the foreheads of the three people with him. Immediately a group of young





Swamiji placing holy ash on school children

English-speaking school children came up and asked what he was doing. They happily accepted the same ash from him and walked down the stairs intently listening to his beautiful and simple words. The adult chaperones couldn't understand their gentle behaviour and stood back watching in amazement.

Throughout Swamiji's stay in Japan, the people of Takashimaya, the largest department store in Japan, were very helpful. Swamiji visited their store in Osaka. Special mention must be made of at least a few of Swamiji's wonderful hosts from Takashimaya. It was actually due to the interest of Mr. Naito, Mr. Matsudha and Mr. Komatsu that Swamiji scheduled this stop in Japan.

* * * * *

PHILIPPINES--Swamiji arrived in Manila after a long flight from Tokyo. There was a short stop in Taipei during which he inspected and discovered the most interesting spots of that airport. The people there were excited even by his brief stay. Swamiji was met in Manila by Mr. Dadlani, his host, Dr. Lim, and about forty university students. The young people were immediately drawn to Swamiji and were to follow his footsteps throughout his stay. The first night Swamiji spoke to his children (they had already adopted him as their spiritual father) at Ananda Marga Sangam, the Yoga center of the Philippines.

Swamiji stepped into Manila at a time when there was a great need. There had been much unrest among the students, violence on campus, an increase in drugs, and generally a following of the ways of the United States.

Many of Swamiji's programs were directed to the youth and their problems. When he was not speaking at one of the universities, they would come to see him wherever he was. The last day he was in Manila, they asked to receive initiation from Swamiji. He gave a group initiation to 35 of the new followers. When they left Swamiji's room after the initiation, many of them were crying with joy and all were literally holding on to him. They stayed in the next room, silent and tearful for the next few hours. Swamiji also gave mantra initiation to Mr. & Mrs. Rolando Carbonell, the two people very interested in beginning an IYI there.

Swamiji spoke at the Hindu Temple of Manila where he met Mr. Rao, the Indian Ambassador. They had several meetings together including a luncheon at Mr. Rao's home. The last night was spent at the beautiful home of Mr. Dadlani and family. Swamiji's plane did not leave until midnight and when he arrived at the airport, all the kids were there waiting for him. They physically would not let him go, and the airlines held the plane while repeatedly calling his name on the loud-speaker. Swamiji, as everywhere, promised to come back for a longer time. This pull was especially strong in Manila; there was such great interest and sincerity among all the people.

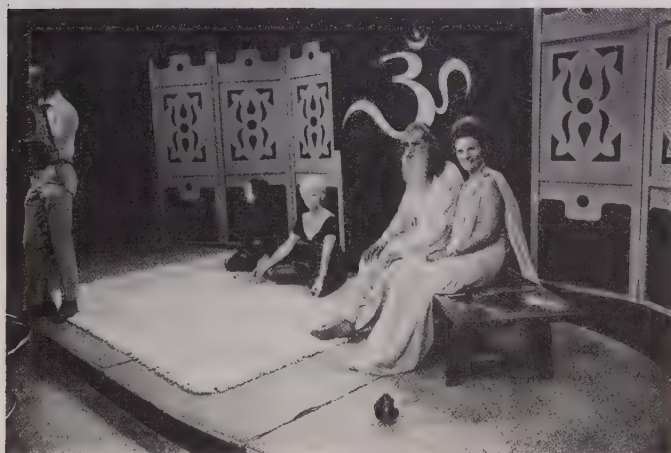
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AUSTRALIA--The last part of the tour was filled with new meetings and blessings for the people who saw Swamiji for the first time. In Australia, he was met by Swami Nirmalananda



Swamiji and students at Manila airport

Mataji, Ananda Shakti, and Andy and Gulliver, Swamiji's hosts during his stay in Sydney. The press and TV reporters were there in full. Australia is very interested in Yoga, especially in Hatha Yoga. On the first day, Swamiji taped 10 TV shows with Swami Nirmalananda. Sunday, he gave the



Swamiji and Swami Nirmalanandaji on TV

morning service at the Wayside Chapel, a church for people of all religions. That same night, he was at the church for a question and answer period. This church is known for its hecklers and usually there is little order or control, but one could hear a pin drop as Swamiji spoke. Both Reverend Knoffs (director of the church) and Mr. Webster, a famous speaker in Australia, were amazed that no one had interrupted Swamiji. Mr. Webster said that he usually makes it a point to contradict whatever another speaker says and he had been happily surprised to find himself quiet.

Swamiji gave Indian names to Swami Nirmalananda's Yoga teachers and spoke often at

her Yoga studio. Swamiji also spent an evening at the home of Swami Matreiananda Mataji. After the satsang, a man came up to Swamiji excitedly to tell him of a vision he had seen while Swamiji was talking. He saw a man who looked like Swamiji sitting beside him with pure white hair and eyes like diamonds. He could have been any age, thousands to a young man, and he sat there glowing throughout Swamiji's talk. Swamiji smiled as the man told him and said that he had excellent vision--it was his double.

One of the last days in Australia was spent in the country with Steven Walker. They went to a national park with a deep lake, mountains rising high on all sides, and silent woods. Swamiji chanted OM, and the whole world seemed to vibrate and echo from him. This day, Swamiji also had meetings with the natives of Australia--the kuala bears, emus and kangaroos! They all had the joy of receiving prasad from Swamiji's hand or mouth. The last night, Swamiji spoke at the Arts Factory, the place where many of the young people gather. It is being run by Jeff Cantor, an old student of Swamiji's from California.



Swamiji and Steven Walker



Swamiji and Swami Venkatesanandaji

* * * * *

NEW ZEALAND--New Zealand is a beautiful, quiet, peaceful country with warm and friendly people. Arriving in Auckland, Swamiji was met by his brother monk, Swami Venkatesanandaji (they seem to meet everywhere around the world), and Lin Astley. Shortly after his arrival, Swamiji drove to Aio Wira, the site of a ten-day Yoga retreat being held by Swami Venkatesananda. After giving the next morning's program at the retreat, Swamiji drove back to Auckland to stay the remainder of the time at the beautiful home of Lin and Mavis Astley (a very warm and loving couple who have been nicknamed by their children MB and DB, Mama Bear and Daddy Bear. Swamiji was often called by them SB, Swami Bear). Each night was full with programs at the different Yoga classes of Auckland. Swamiji spoke at the University of Auckland to over 500 students, all eager to learn and hear more of his teachings. Again there was much interest and Swamiji promised to come back for a few months.

* * * * *

FIJI--Arriving in Nandi, Fiji, was very much like arriving in India. The climate and vegetation are very similar and more than half the population is Indian. Swamiji was met at the airport by his host, V.P. Maharaj, his wife and youngest son. The next day, after an early morning meeting with Swami Rudranandaji of the Ramakrishna Mission, he started the long drive to Suva, the capital of Fiji. Swamiji stopped along the way at many farmhouses to give his darshan. The families had been waiting for many hours. At the first house, Swamiji met a special little boy named Satchidananda Gounder. The last stop before Suva was at a Subramanya temple, built many years ago by hand by the old priest there. When he saw Swamiji, tears came to his eyes and he could hardly talk, he was so moved to see him there.

After driving for nine hours, Swamiji arrived at the home of V.P. Maharaj, where his children and friends were waiting. Very soon kirtan (chanting) started, much of it led by Eteen, the 5-year-old son of Maharaj. After satsang



Swamiji and Mrs. V.P. Maharaj

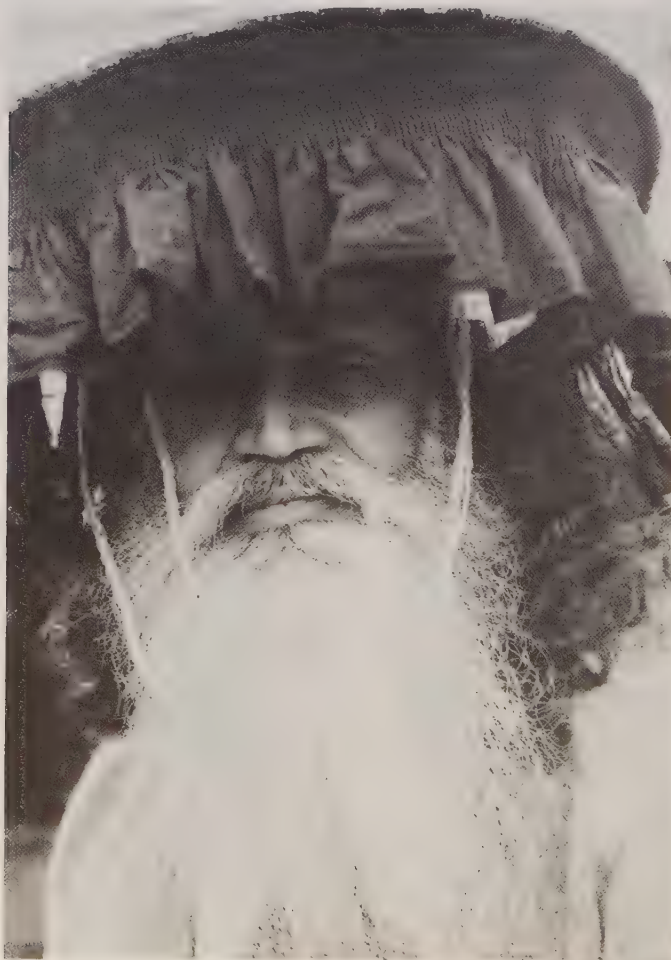
and a little rest, Swamiji and all were up for 3:30 AM meditation. The program continued to be full each day, with continuous darshan--Swamiji never stops giving for a minute. He met with the Indian Ambassador at the embassy and then at his home for a dinner in Swamiji's honor. The Prime Minister of Fiji and his wife also came to one of Swamiji's lectures. The last two days were spent touring the island, stopping in Latoka and Ba for programs and receptions. Wherever he goes, there is such devotion and respect--it is truly an inspiration to us all. Many came to the airport to see Swamiji off and the tears overflowed. Someone said that



Kirtan led by
5-year-old Ete

Swamiji's children in the States must miss him very much when he goes on these long trips, but how fortunate they are to know that he is coming back.

* * * * *



Swamiji at the Chinese Border

HAWAII--After a week of rain and gloomy skies, Hawaii's island of Oahu welcomed Swamiji with brilliant sunshine and balmy breezes. After six months of constant traveling and meeting people, Swamiji agreed to rest quietly for three days before going on to meet his anxious family on the U.S. mainland. He sanctified the waters with a dip in famous Waimea Beach and Sunset Beach at Pipeline. A lecture was arranged on an enclosed lawn of the University of Hawaii's Honolulu Campus.

* * * * *

UNITED STATES--Swamiji's entrance into San Francisco was incredible. Special guards were there to usher Swamiji easily into the waiting arms of hundreds of California disciples who had been waiting for months and finally long hours for this moment. People from all over the West Coast and even New York were there chanting, hugging, crying--Swamiji had come home.

The reaction was the same in all the IYI branches as Swamiji stopped at each one of them on his way back to New York. He also spent a day and a half in Portland, Oregon, at the request of a devotee who arranged a public lecture and three TV shows. In all places, there was an overflow of love, a giving of the heart, a merging, union, Yoga. With his presence the doubts begin to clear, the love expands to encompass the entire world--a world newly blessed by being circled once again by our Beloved.

All of us who had the great, great gift of being able to travel with Swamiji during various parts of this trip can only bow at his feet and humbly thank him with all our hearts. As he guides us all on our inward journey, he has guided us through the world as well, showing us so simply that it is a great and beautiful and inspiring world and that truly we are all brothers and sisters--all one. We have seen how Swamiji feels at home in all company and in all countries. There is no language barrier because he speaks the universal language--the language of the heart. He is loved and cherished by every conceivable category of man, because he exists at the center of life. Swamiji's fullness of life overflowed into many hearts as he went around the world to bring a greater fullness of peace, love, and brotherhood everywhere he went.

OM Poornamadhah Poornamidham
Poornaath Poornam Udhachyathe
Poornasya Poornamaadhaaya
Poornameva Avashishyathe.
OM Shanthi Shanthi Shanthi.

That is full. This is full.
This fullness has been projected
from that fullness. Even when
this fullness is projected from
that fullness, all that remains
is fullness. Om peace peace peace.

Amma, Shanthi, and Sheela

It is impossible to mention all the wonderful people and institutions that made Swamiji's tour comfortable and a great success. Still, we would like to make special mention of a few.

CEYLON

- Colombo: The Divine Life Society; T.P. Kesavan; C. Nadaraja; Sri Ramakrishna Mis P. Shanmugam; S.T. Sivanayagam; Sri Sai Baba Illam.
- Jaffna: Mr. C. Thanapalasingam; Sri S. Soorasangaran; S. Kanagarathnam and all members of the Divine Life Society; Sri La Sri Swaminatha Thambiran; Sr Haran; A. Sangaran; Miss Rajalakshmi Sinnathambi.
- Trincomalee: Sri Swami Satchidananda Mataji; Sri S.R. Arumuganathan; Sri P. Kandi Sri M.P. Mylvahanam and all other members of the Divine Life Society; D Sitheranelu; Mr. Vallipuram; V. Sivagnanam.
- Kandy: Sri Swami Vimalananda Mataji; Sri Paranagama; Maurice A. Perera; K. Bal and all other members of Satchidananda Thapovanam and the Divine Life S Ganhewa Family; Srimati Rasiah and family and all members of the Fine A Society; Father C.A. Jochim Pillai and all the Fathers and Brothers of National Seminary; Youth Welfare Organization.
- General: Sri N. Muthiah Master and all the other members of Atma Jothi Nilayam; Chelliah of West-Hall Estate; Swami Jothirmayananda Yoga Ashram; Sri Ra Madam, Kataragama; Mrs. Inga Fairweather; Mr. Yusoof; M. Vythilingam Pi A.K. Muthuswamy; Mrs. A.K. Ponniah; Y.M.C.A. Youth Center; Mr. Chellath Mr. Vamadevan.

MALAYSIA

Sri Swami Pranavanandaji and all other members of the Divine Life Socie Kuala Lumpur and Ipoh; All members of the Vivekananda Ashram.

SINGAPORE

Mr. & Dr. Mrs. Tan; S. Ramanujam; T.S. Amarnani.

HONG KONG

Harilela Family; Mr. & Mrs. Heitmeyer; Mr. & Mrs. Ernest S.Y. Kwan; Mrs Dean; Dr. & Mrs. Hans Tang; M.H. Moorjanij; Mr. Au Young; Mr. Lo Chou a other members of the Divine Life Society.

JAPAN

Mr. Walker G. Buckner; Prem Yogi; Mr. K. Komatsu and Mr. Matsudha of Takashimaya Co.; Hiro Naito.

MANILA

Gene Dadlani & Family; Dr. Perry S. Lim; Mr. & Mrs. Pedro Pastoral; Mrs Zomora, proprietor-Manila Hotel.

AUSTRALIA

Swami Nirmalananda Mataji; Mr. & Mrs. McIntosh; Ron J. Wright; Steven W

NEW ZEALAND

Mr. & Mrs. Lin Astley; Mrs. Maureen Easton; Mrs. E.K. Cable; Bergl O'Ro Sylvia Mayne.

FIJI

Swami Rudranandaji; Sri V.P. Maharaj & Family; Mulchand Patel; Patel; P Ratnam; Sumitra Gokal; Appa Pillai; Sadasivam.

HAWAII

Steve & Irene Au; Theo Cade & Mary Brunberg.

MEETING OF THE WAYS

Live Oak Park, Berkeley-June 20, 1971

All the pieces come together
In the Peace of the Whole High One.
We are coming from a thousand places
Getting higher on the Great High Way.*

"Meeting of the Ways" celebrates the convergence of Paths that has occurred in the Bay Area over the last few years. A score of groups representing major world traditions find themselves in the same place, at the same time, appealing to many of the same people. So we decided to meet one Sunday in a Berkeley shade and grassy park. We spread our blankets with symbols, words and offerings, and each staged some activity during the afternoon, ranging from a dramatic play, singing and chanting, to more serious demonstrations of spiritual techniques. It was neither a Big Name nor a Big Crowd affair, simply a sharing between disciples. As we shared with each other our wisdom and our offerings, as we sang and chanted with each other relating heart to heart, we caught glimpses of that delicate Unity in Diversity grace-fully revealing itself in these spiritual strivings. There is so much more to do in order that we bathe in THAT--the Yoga we all tasted in Live Oak Park--together with all men; we have really just barely begun, but, OH...MMM, what a difference!

The image "up the mountain"
Implies that it will all
Come together at the top.
It tells also of the effort
Against the gravity of self
That makes each step a victory.
But the meeting as we climb,
All the others on the Way-
First those closest in kind,
Then those from far away-
Tells of the heart-warmth
Born of the rediscovery
Of our forgotten oneness
That illumines with its glow
The true Joy in our being.

*Song composed for "Meeting" by Aryae Cooper-smith of Rabbi Shlomo Carlebach's House of Love and Prayer.

Sudharshan

MOVE IN

Let that "thin line of celestial poets"
move across face of world
with songs of love divine
may the entire earth be bathed
in a sealove spectacle of gladness
in a joyfilled Godlike madness
pouring forth the healing tunes
reeling on for many moons
chanting in gardens of delight
experience the inner light
feel balm of Satchidananda's gentle breeze
sweeping through like honey bees
sniff the fragrance bliss divine
say to God 'make me thine'.

Mukunda Das

THE JAIL BREAK

I thought that I would run but, oh,
My prison ran with me
Pressed by the wind of flight the steel
Bars closed in on me

Fear runs

I thought I'd stand my ground and dig
Straight down in the earth
The prison vanished; at my feet
New heaven, new birth

Love digs

Eric Bentley



Ancient Greek Sculpture.

Yoga anyone?

AN OPEN LETTER FROM THE NEW JERSEY
INTEGRAL YOGA INSTITUTE

Hari Om!

The New Jersey IYI began with two people and in the two weeks following four more beautiful people came. We moved into our new home in Madison on February 15. At that time, we also acquired a loft which we fixed up to be used as an office, Hatha room, and apartment.

For the last six months we have been teaching Hatha Yoga where we could find the room. All our classes were rent free, thanks to many individuals turned on by Swamiji's "vibes". Due to the nature of our diverse Hatha locals, we were running around like traveling salesmen--but now that we have the house and the loft the classes can be consolidated. The house is located in western New Jersey and the loft is about one hour to the east of the house. Classes are taught in all areas of New Jersey now.

Now what we are beginning to feel is the holy vibration that pervades an IYI household. Each day meditating together, eating together and discussing our problems helps us to realize our hangups, our strong points and our whole life situation. More importantly we discover Swamiji everywhere keeping an eye on his children, elevating our consciousness, inspiring us.

The life style here is as calm as we can possibly keep it. Many of our members have come from a crazy, uptight background and don't want that anymore. Many new students of Yoga have never seen Swamiji in person, but they feel a real devotion to him. Everyone helps out--the guy with the moving truck, the typists, the receptionists, the sewing Yogis and many others. All of the New Jersey people involved in the IYI are new to Yoga and many are new to clear thinking. In one year, Swamiji has transformed many personalities and, deeper than that, he has shown us the beauty that is everywhere, even in us.

Another blessing that has been given us is our close association with Brother David, a real spiritual giant. The Yoga Ecumenical Retreat last summer in Annhurst began to move us in an ecumenical direction that has led to our finding a perfect house and a source of heavy spiritual inspiration.

Our institute is in its toddler stage and with Swamiji's strength we will grow quickly. The other IYIs have been an example for us; we have taken what applies to our situation and tried to get it all together. The basis of our situation is LOVE and with that in our conscious and unconscious mind we hope to realize cosmic love in our superconscious mind.

OM SHANTHI SHANTHI SHANTHI

Jagannath



Members of the New Jersey Family

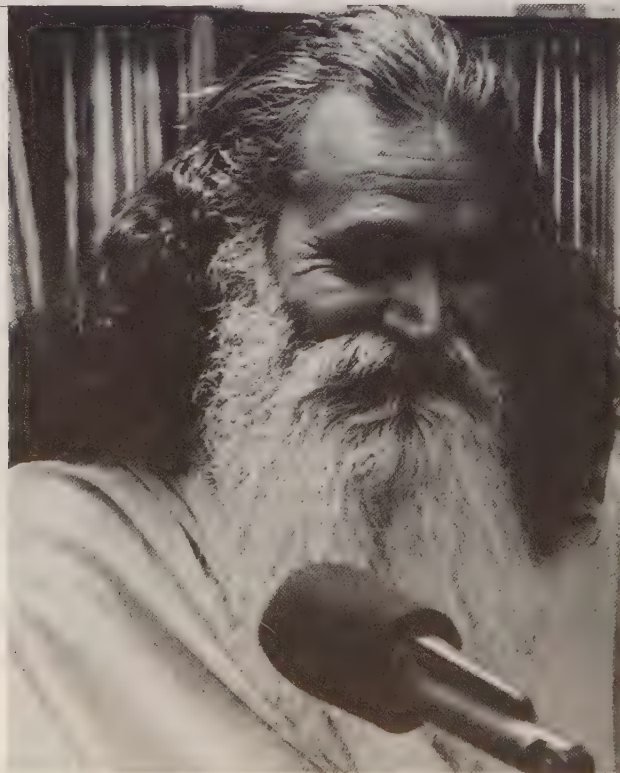
NEWS IN BRIEF

Swamiji--

Aside from a brief rest on Martha's Vineyard, Swamiji has been as busy as ever since his return to the United States. He has lectured in Miami, Provincetown, at Tulane University in New Orleans, St. Elizabeth's College in New Jersey, and at the Hartford and New Jersey IYIs. He will shortly visit Washington D.C. and Chicago.

Swamiji has given a number of programs including the annual "Swami and the Rabbi" with Rabbi Gelberman, radio interviews on WOR and WBAI, and, of course, the ten-day Yoga Ecumenical Retreat held at Annhurst College. More than 400 people of all ages and all walks of life listened to Swamiji's lectures on all aspects of Yoga and ecumenism, and 100 people received mantra initiation.

Swamiji held Friday evening discussions at the Unity Center in New York on July 16 and 23--much to the delight of his New York followers. He also gave two programs over radio station WBAI on July 29 and August 5--each two hours long.



IYI New York--

The Institute has been busy with Swamiji's return and many classes and programs. Talks have been given at Halsey Jr. High School, Louis Pasteur and Brandeis High Schools, St. Benedict youth group, the Harlam Council youth group, Park Slope Community Center, and Direction, a drug rehabilitation center. Community work is going very well and will soon expand to a national program.

June was a busy month with a triple wedding performed by Swamiji, a benefit Eskimo Art Show, and the Yoga Ecumenical Retreat (more about that in the next issue). Twenty New York staff members attended the retreat with Swamiji, Brother David, Rabbi Gelberman, and Father Maloney. IYI personnel are also conducting the summer program at YES (Yoga Ecumenical Seminary), Saugerties, New York, as a continuation of the retreat's ecumenical program.

July 7 was the celebration of Guru Poornima Day. Activities were held all day at the new building and over 400 people attended the evening celebration at the Universalist Church.

The IYI has been showing

video tapes of Swamiji's past lectures regularly on Friday evenings. A new crafts shop has been opened to promote Institute artists and goods. Regular family day and sadhana days continue.

IYI Dallas, Texas--

Classes continue to grow in the Dallas area. A regular program is in progress at Fort Worth's Drug Treatment Center, with staff and patients participating. Weekly classes are being taught at the Armadillo World Headquarters in Austin. New local classes are currently in progress at "The Burning Bush", a meeting house sponsored by the First Presbyterian Church of Richardson, and Lee Park, in conjunction with the Free University of Dallas. The Y.W.C.A. has scheduled two classes a week for fifteen weeks, and El Centro Junior College is to begin Yoga classes with the fall semester.

The Institute was joined for family day by 35 high-school students from the Preston Hollow Presbyterian Church. Thirty students from the "Nature of Man" class of Southern Methodist University took a Hatha Yoga class and afterwards joined in the Wednesday night chanting and meditation.

New teacher's training

has begun in answer to abundant requests. Course classes are starting in Beginners Hatha I and II, Raja Yoga and Vegetarian Cooking.

IYI Detroit, Michigan--

Demonstrations have been given at several schools including Cousino and Warren Woods High Schools, Macomb Community College, and Wayne State University Graduate School. In the area of Yoga-drug education, programs have been conducted at Southfield High School, Whitman Jr. High School, and Boys Training School in Lansing. The IYI held workshops in conjunction with DARTE (Drug Abuse Reduction Through Education) at Northville High School and also at the Region 10 Michigan Drug Education Conference held at Finney High School. A second meeting was held with Dr. Leibson, Executive Director of NARCO (Narcotics Addiction Rehabilitation Coordinating Organization) and Planning Consultant for the Detroit-Wayne County Community Mental Health Services Board. Dr. Leibson is helping to make more schools and drug abuse centers aware of the IYI's services.

The IYI household would like to send love and prayers for peace and prosperity to all Yogis everywhere.

IYI Los Angeles, California--

The Los Angeles Center sponsored a four-day retreat June 11-13th in the San Bernadino Mountains at Camp Mazumdar.

The retreat site was a 90 mile drive until we reached the misty heights and the fresh mountain air. About 50 people attended, following a typical retreat schedule including lectures given by Moorti, varied sadhana with a beautiful walking meditation which ended in a mountain meadow, and Yoga Nidra given by Chaitanya. The high point of the retreat was the darshan of Swamis Jyoti and Tillak. The retreat ended with an Indian dinner prepared by Swami Tillak.

IYI Boulder, Colorado--

This month the Boulder IYI showed what is probably the most progress in its history. We didn't buy a new ashram or experience a colossal growth in attendance. We didn't even have any impressive visitors (that happened last month when many gurus and teachers from spiritual schools visited us). What has happened is an outpouring of light and love through us to our community in the form of hundreds of loaves of bread from our IYI Bakery. In addition, a patch of land has been given to us and seeds are already sprouting in the Yoga garden. With

Mother Nature's blessings may we all continue to grow.

IYI San Francisco, California--

The IYI natural foods store now supports two full-time workers and is growing rapidly.

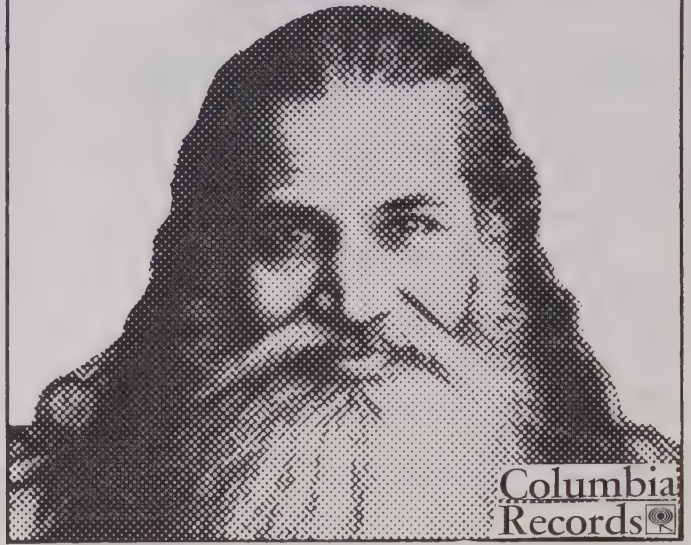
Demonstrations and talks were given at Mills and Gompers High School and at the Alcoholics Evaluation and Treatment Center. We are also regularly teaching at Conard House, an open house for emotionally disturbed adults, Damien House, an open house for drug problems, and the Penninsula Hospital drug abuse program. Regular classes are also held at the Sausalito Art Center in Marin and at the Penninsula Jewish Center in Belmont.

IYI Hartford, Connecticut--

Swamiji spent two days in Hartford, July 21 and 22, to dedicate the new ashram and to lecture at the Unitarian Church. We moved to a new ten-room house at 76 Kenyon Street, just a few blocks away from our previous quarters, that has larger living quarters and classrooms.

We are now conducting classes in Hatha Yoga at the Inner City Exchange, a program designed to bring expanded opportunities to the ghetto youths of Hartford.

Swami Satchidananda



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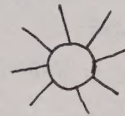
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RECIPE FOR "ACCIDENTAL CHEESE"

Sometimes when making yogurt you put the culture in when the milk is too hot and end up with a strange smelling lumpy stuff. Well, don't just throw it away! If you simmer it covered for an hour or two it will separate from the liquid, and after you drain it you'll have a curdly-type cheese like ricotta. Great for baking into breads or seasoned to taste, especially good for dessert with raw sugar and cashews. Try it next time you think you've ruined the yogurt!

OM SHANTHI



Sunshine

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Om Shanti.

Swami Satchidananda